

Baz Luhrmann

"Everybody's Free (Feat. Lee Perry)"

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Ladies and Gentlemen of the class of '97
Wear sunscreen
If I could offer you only one tip for the future,
sunscreen would be
it. The long term benefits of sunscreen have been
proved by
scientists whereas the rest of my advice has no basis
more reliable
than my own meandering
experience...I will dispense this advice now.

Enjoy the power and beauty of your youth; oh
nevermind; you will not
understand the power and beauty of your youth until
they have faded.
But trust me, in 20 years you'll look back at photos of
yourself and
recall in a way you can't grasp now how much
possibility lay before
you and how fabulous you really looked...You're not
as fat as you
imagine.

Don't worry about the future; or worry, but know that
worrying is as
effective as trying to solve an algebra equation by
chewing
bubblegum. The real troubles in your life are apt to be
things that
never crossed your worried mind; the kind that
blindside you at 4pm
on some idle Tuesday.

Do one thing everyday that scares you

Sing

Don't be reckless with other people's hearts, don't
put up with
people who are reckless with yours.

Floss

Don't waste your time on jealousy; sometimes
you're ahead, sometimes
you're behind...the race is long, and in the end, it's
only with
yourself.

Remember the compliments you receive, forget the
insults; if you
succeed in doing this, tell me how.

Keep your old love letters, throw away your old bank
statements.

Stretch

Don't feel guilty if you don't know what you want to
do with your
life...the most interesting people I know didn't know
at 22 what they
wanted to do with their lives, some of the most
interesting 40 year
olds I know still don't.

Get plenty of calcium.

Be kind to your knees, you'll miss them when they're
gone.

Maybe you'll marry, maybe you won't, maybe you'll
have children, maybe
you won't, maybe you'll divorce at 40, maybe you'll
dance the funky
chicken on your 75th wedding anniversary...what ever
you do, don't
congratulate yourself too much or berate yourself
either - your
choices are half chance, so are everybody else's.
Enjoy your body,
use it every way you can...don't be afraid of it, or
what other people
think of it, it's the greatest instrument you'll ever
own..

Dance...even if you have nowhere to do it but in your
own living room.

Read the directions, even if you don't follow them.

Do NOT read beauty magazines, they will only make
you feel ugly.

(Brother and sister together we'll make it through
Someday your spirit will take you and guide you there
I know you've been hurting, and I know I've been
waiting to be there
for you. And I'll be there to help you out, whenever I
can).

Get to know your parents, you never know when
they'll be gone for
good.

Be nice to your siblings; they are the best link to your
past and the
people most likely to stick with you in the future.

Understand that friends come and go, but for the
precious few you
should hold on. Work hard to bridge the gaps in
geography and
lifestyle because the older you get, the more you need
the people you
knew when you were young.

Live in New York City once, but leave before it makes
you hard; live
in Northern California once, but leave before it makes
you soft.

Travel.

Accept certain inalienable truths, prices will rise,
politicians will
philander, you too will get old, and when you do you'll
fantasize
that when you were young prices were reasonable,
politicians were
noble and children respected their elders.

Respect your elders.

Don't expect anyone else to support you. Maybe you
have a trust fund,
maybe you have a wealthy spouse; but you never know
when either one
might run out.

Don't mess too much with your hair, or by the time
you're 40, it will
look 85.

Be careful whose advice you buy, but, be patient with
those who
supply it. Advice is a form of nostalgia, dispensing it is
a way of
fishing the past from the disposal, wiping it off,
painting over the
ugly parts and recycling it for more than
it's worth.

But trust me on the sunscreen...

(Brother and sister together we'll make it through
Someday your spirit will take you and guide you there
I know you've been hurting, and I know I've been
waiting to be there
for you. And I'll be there just helping you out, whenever
I can.
Everybody's free oh yeah
oh everybody's free oh yeah.)

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